

**AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions and listing of claims in the application:

**LISTING OF CLAIMS**

Claims 1-4: (Canceled).

5. (New) An exhalation system suitable for use with a helmet or face mask and which covers at least a portion of a facial area including exhalation organs, the exhalation system comprising:

a chin guard, wherein the chin guard comprises an internal closed cavity which has at least one opening towards an interior portion of the helmet or the face mask,

wherein the cavity comprises one or more openings towards an outside portion of the chin guard.

6. (New) An exhalation system according to claim 5, wherein the chin guard comprises two parallel plates with an intermediate cavity which is airtight at an upper edge thereof.

7. (New) An exhalation system according to claim 5, wherein the cavity in the chin guard has an opening in a lower edge of the chin guard.

8. (New) An exhalation system according to claim 6, wherein the cavity in the chin guard has an opening in a lower edge of the chin guard.

9. (New) An exhalation system according to claim 5, wherein the cavity in the chin guard has one or more openings towards the outside portion of the chin guard located on a side of the chin guard.

10. (New) An exhalation system according to claim 6, wherein the cavity in the chin guard has one or more openings towards the outside portion of the chin guard, on a side of the chin guard.